

# Abraham-Hicks Publications

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## What does “being in denial” mean?

A Good morning. You are refreshed. Begin here, yes. Second row.

So one of the things that we are attempting to offer, and Esther is attempting to find words to describe it, is we would like you to understand that... We see, sometimes, you spend more time learning how to operate a food processor, than you do lining up your Energy so that it matches something that you want. In other words, we know that it takes effort. It takes some effort to find a feeling different than what is obvious. Most of you have these knee-jerk responses to something, but it is a very rare one of you that has a knee-jerk response and says, “Boy, I sure don’t want that, what I’d prefer is this,” and then makes the effort to find the feeling place of what you would prefer.

You see, you knew when you came into these bodies, that creation is about visualization. You knew it was about using your imagination. Image-ination. You said, “I am a creator.” You didn’t say, “I’ll go forth and just look around at what’s there, and I’ll just look around and I’ll just say ‘yes’ to some things and ‘no’ to some things.” You knew that in that process, new desire would be born. And you knew when the new desire was born, that it would be a desire that is vibrationally different than the platform that gave birth to it. In other words, you knew that you were going to be in an environment where there were going to be all kinds of desires that you were, in the beginning of the new desire, not in vibrational harmony with. And you knew, then, what we’re trying to tell you now, that your work as creator, is to bring your vibration from where you are now, to the vibration of the imagination of the new-found desire, you see. That’s the whole work of it. That is what you’ve come forth to do as creator.

Q But not be in denial of what you created in the moment.

A Well, what is “being in denial” mean?

Q Well, something that I've observed about myself, is that sometimes I avoid situations that I create, or I co-create with another.

A If you're standing in this place of contrast, and out of it you give birth to a desire of something that you want, and this is just a fleeting desire... In other words, it hasn't begun to take shape here. It's something that you know you want, but where you're standing right now is a long way from it. And so, we would say, give more attention to where you are going, and less attention to where you are. Now some would call that being in denial.

But we say, the other approach, which is being the realist that tells it like it is, will never get you to where you're wanting to be. You are much better off being in denial of something that you don't want, than you are being a realist and embracing it! So we would say, yes, start a new movement: "I'm in denial. I am withdrawing my attention from my too fat body, and I'm spending time imagining my body in its slenderness. I am denying my sickness, and I'm imagining my wellness. I'm denying my..." But we would be light on the denial, because as you are shouting "no", you're still really saying "yes". So you're wanting to say "no" long enough to remind yourself that there IS a yes, and then turn more attention to the yes.

What we're talking about here, we've been talking about it, you've all been talking about it, is perception. And how can, the big question that we keep hearing from you, even though your words have not quite yet formulated it, is, "How can I get from where I am to where I'm really wanting to be?" [precisely] And we say, you get from where you are to where you are really wanting to be, by spending more time talking about where you really want to be, and less time talking about where you are.

### **Why that incomplete baby still feels secure.**

If you were going on vacation, and you said, "I'm going to go here and here and here, and eventually I'll come back home," most of you, if you were approaching this proposed vacation in the way you approach your life, you'd say, "Well, since my final destination is home, and since I'm already there, why go?" And we say, well, that's silly. When you're thinking about a vacation, you go for the fun along the way. You go for the new people you'll meet. You go for the way you think it might make you feel. And so, that's why you go anywhere. In other words, that's why you are constantly giving birth to a new desire—for the fun along the way!

But what keeps happening to so many physical Beings is, in the moment they give birth to the new desire, they are embarrassed, or humiliated, that they're not already there. You beat up on yourself almost as soon as the new desire is born within you. You beat up on yourself because you can't afford it, or because you haven't met him yet. Or because circumstances aren't right. And so, then the new desire just sort of beats up on you.

And we say, we want to bring you to the place of understanding that the birthing of the new desire is the nugget. That's the prize. That's the prize. Have you ever watched the little children? Their life is all before them. In other words, that little baby has not found her mate. She does not know her ultimate dress size. She, or he, has no concept of what their full physical features... They are incomplete little monsters. "How dare they be so fulfilled and empowered, the selfish little scamps! They should be full of insecurity, with all of those unknowns so much to be developed, the little failures! Look how short they are, and how little they weigh, and how funny their bodies are shaped, and how incomplete their organs are. How dare they be confident and secure!"

But they are born knowing that they are evolving and becoming, you see. They're not unhappy that they can't walk. They're thrilled as they begin to crawl. They're not unhappy that they can't speak and communicate, they're eager for every new word they discover. In other words, it takes a long time before you develop your self-destructive, self-critical attitude of self. And the thing that causes you to create it mostly, is, "I'm not where I think I should be." Or, "I'm not where somebody else thinks I should be." And we say, then go there!

And you say, "Well, I'm not ready to go there, and I'm mad at myself for not being ready to go there." And we say, go there in your mind. Go there in your imagination. If it's a place you think you want to go, play with it. At least put as much Energy into it as you would learning a new food processor.

### **Wanting a partner who is "emotionally available."**

Q May I ask another question? [certainly] Thank you. Something that I've realized lately when it comes to emotional availability, and I heard the question asked earlier about, I'd like a partner who would be emotionally available to me. That has been my experience now, three marriages and various relationships. The insight that I recently...

A What does that mean?

Q What does what mean?

A What does it mean "emotionally available"? What does that mean?

Q Well, this is what I have, I'm going to answer your question, but it's going to be in a back-handed way. What I've realized is that I have not been emotionally available to myself.

A Well, you have come to the answer that we were about to give to you. It was a trick question, and you tricked us instead. Here is what we were wanting to say to you, and you said it even better than we're going to say it to you. We don't know of anything that any of you want, whether it's a relationship, or a material object, or a circumstance, or a state of... There isn't any desire that any of you want that is for any other reason that you think in the having of it, you would feel better. [right] So when you have a relationship with someone, and that one is adoring you, and you are adoring that one, what is happening is, you are using them as your object of attention, and your excuse to be connected to core, and they are using you as their object of attention and their excuse to be connected to core. But it is being connected to core that this is all about.

So what you're saying to us when you're saying, "I want a partner who is emotionally available," what you're really saying is, "I want to find someone, who is an object of attention, who is worthy of my appreciation, so that they can be the reason that I stay connected to Source." What you're saying is, "I have learned, like most physical Beings, a very conditional love. When I behold you and you are lovable, then I love. But if I behold you and you are not lovable, then I don't love, and it's your fault. So you need to be more lovable, so that I can be a lover. Because I want to be a lover, I was born to be a lover, and if you're not lovable, I can't love, and then it's your fault."

And we say, boy, that is conditional love. And you have come forth to live unconditional love. You said, "I want so much to be in vibrational harmony with that which is love, that which

is Source Energy, that I will find a way of staying connected to that, no matter what you are doing. You are not ever again going to be my excuse to not be connected to Source.”

And so, what that means is, you have to practice being connected. You have to practice being connected so much that being in connection with Source Energy is the most familiar vibration. So that when you step away from it, you recognize it in the early subtle stages, before it starts manifesting, and avalanching in on you.

In other words, Esther could feel that she was a little out of sync, and she didn’t know if it was because she was spending so much time doing her taxes, because she does not resent doing her taxes, but she does not really enjoy all the tedium of it either. She did not know if it was because of the releasing of a new employee. In other words, she thought it might be something about that, because that’s never a pleasant thing, but she did not know if it’s because of what’s happening in Europe. She did not know if it is a Mass Consciousness Stream that she is tapping into. She couldn’t put her finger on what was wrong, she could just feel that she wasn’t in her normal stride.

And so, as little things began to... And her emotions were telling her, but her emotions telling her did not cause her to stop and make a new decision. It wasn’t until something manifested that was true evidence of disconnection, a little bump in the parking lot, before she decided to stop and reach for more positive thoughts, you see.

You have to find some gauge, and the gauge that most teachers help you to find, they help you to find through the process called meditation. Because when you meditate, you stop thought. And when you stop thought, you stop resistance. And when you stop resistance, your vibration raises. And so, if you meditate on a regular basis, you have a conscious awareness of what it feels like to be in a place of non-resistance. In a place of Pure Positive Energy. And if you do that regularly, then you are more sensitive to what it feels like when you are not there.

But if you are like many people, who are running around, where feeling ornery feels really normal, where feeling defensive is really normal, where feeling unworthy is really normal, then your Guidance System is not as alive and sharp an indicator as it could be. That’s why so many of you say, “Abraham, can you teach me to love myself?” And we say, all we can do is remind you what it feels like to love, and to encourage you to hold, as your object of attention, more things that make you feel love.

You see, you can’t look at something that is one thing and make it be another. What you do is, you understand that it’s all out there, and you choose some piece of it that feels good, hold that in your vibration, and then other things that are like that come to you. Creation is about attraction. Creation is about setting a Vibrational Tone, which attracts things that match it.

And so, when you say, “I want to be emotionally available,” what we would mean if we were using those words... In fact, Esther said it to Jerry yesterday. She said, “I want to be a catalyst that inspires you to your connection.”

And she said, “And I never want to be a catalyst that inspires you to your disconnection.” She said, “I never want to be an amplifier of disconnection for you or anyone else,” but she was speaking powerfully to Jerry, because they are together 24 hours a day. “I want to be a catalyst for your connection.” Now, what does that mean in real terms? “I want to love you. I want to praise you. I want to appreciate you. I want to acknowledge your positive aspects.” What else does it mean? It means she wants to, as long as she’s in his presence, she wants to be a seeker of positive aspects. She wants to look for the positive aspects in this room, so that she is offering a vibration that is nice for him to be around.

It’s lovely if you would have someone like Esther, who nothing matters more to her than to be the right vibration for you. But there’s a whole world out there that doesn’t feel that way about you. And if you’ve got an Esther or two in your life, oh, they’re so soothing and sweet, not

long before you start resenting the rest of those buggers who don't care about you that much. And before you know it, you're trying to orchestrate their behavior or demand it. And what we are wanting you to do instead, is to understand that it's not anybody else, it's not Esther's job, to provide a nucleus to keep Jerry connected. That's Jerry's job. It's nice that Esther wants to be that way, but it is not her job to do that for anyone else. It is her job to do that for her.

Now, maybe that's what she was saying. Maybe she was saying, maybe she gives herself permission to be good for him, more than she gives herself permission to be good for her. In other words, maybe that's too selfish. She didn't say, "I am going to be so selfish, because nothing matters more than that I feel good..." We're really onto something aren't we? And that's the thing that we're wanting... If you can't do it for yourself, then do it for your cat, or for someone who is close to you, but for heaven's sakes, do your best to hold yourself in the vibration that feels good, so that you can allow the Energy that really is you to flow through you. Emotionally available means, "I want to be in vibrational harmony with the Source of that which I am."

Q That is true. Thank you.

### **Why new relationships always feel better.**

A Relationships are really interesting, because when you meet someone new, and they don't know anything about you, they don't throw away any bad stuff, and neither do you. So as you meet, you're both eagerly looking for positive aspects in each other. And so, you assist each other in connecting to Source. And that's what that feeling of "being in love" is: Two people, both connected to Source, each holding each other as dominant object of attention. But then, in time, as you begin to notice this flaw, and he begins to notice that flaw, then, often, you're not the catalyst for connection that felt so good, but instead, you are catalysts for disconnection, which does not feel so good. And then, you begin to say things to each other, like, "We're just not what we once were. You're not there for me anymore. Where have you gone?"

Q You've changed.

A "You've changed. Where have you gone? What's changed in our relationship?" And we say, all that's happened is, you have relaxed back into your old, sloppy, observe-and-vibrate pattern, where in the beginning you were making a stronger effort to observe things you wanted to observe. That's why new relationships always feel better. That's why people often jump from relationship to relationship to relationship to relationship, because in that newness of a relationship, it's easier for them to stay connected. But it is extreme conditional love! And we would not encourage you to ask anyone to be responsible for your connection.

If Jerry were to say to Esther, "I need you to behave a certain way, so that I can feel good," or if Esther were to say to Jerry, "I need you to behave in a certain way so that I can feel good," we would say, this is the basis of a failing relationship. Because each would begin to resent the other's demands, in time.

Instead we say, if it is important to you that you feel good, you'll find a way of finding that wherever you are. And usually, because your relationship is the thing that is such a dominant point of your observation, that's usually where things go the wrongest. It's also where things can be the most wonderful.

If you know someone who has four dominant characteristics, and one of them is really remarkably wonderful, and the other three are remarkably awful, and you take them at face value and just observe it as they offer it, then three-quarters of your relationship is going to be unpleasant. And so, you say, “Well, I’ve got two choices, three choices,” is what you think: “I can go away from you, but I’ll probably take my vibration with me, so I’ll probably get another one just like you around the next corner. Or, I can change you by demanding that you make those three awful things wonderful, which is not likely to happen, because it’s not his job to change for you. Or, I can focus on the one thing that I really do like so predominantly, that that becomes the dominant basis of our vibrational relationship.

“And before I know it, those things that I do not want,” while they may still be present in your experience, “they will not be so present in my experience, because I’ve got my off-switch on relative to those. I’ve got my on-switch on relative to the parts of you I like. I’ve got my off-switch...” And before you know it, the whole basis of that relationship has changed, because you have changed your vibration.

If there’s anything that we think we have projected to you in a way that not one of you will leave here not knowing that you know it, it is that you cannot observe something without including it in your vibration, and if you are including it in your vibration, you cannot release it from your experience.

So, we’re going to lay a very big thing on you right here: *Everything that you don’t like about these people in your life*, you ready? You ready? *Is your doing*. [you got it] *It’s in your experience because of your vibration*. Now, many would argue, “But Abraham, I’m sure it wasn’t in my vibration until I observed it over there.” And we say, had to have been. Or it couldn’t have gotten into your experience to begin with. That’s why some say, “We are mirrors, reflecting.” And we say, *you are teachers, remembering. You are creators, evolving. You are continually moving forward. You never get it done*.

And so, take a look at any relationship, look for its positive aspects, write them down, make lists of them, make them your dominant awareness, and watch that relationship begin to evolve to the new vibration of your new determination. Mold it into place.

### **Concerning the relationship between contrast, desire and resistance?**

Q Good morning Abraham.

A It is indeed.

Q Yes. The question that I have concerns the relationship between desire and contrast. I understand that desire is born out of contrast, but what I was feeling, I guess, yesterday, was that when the contrast turns into resistance, and the resistance gets really powerful, and you turn away from that resistance, the desire is also tremendously powerful at that moment.

A Yes, it is.

Q And, I guess, I find myself in a situation where I’ve become a very selective observer. There are lots of things I choose not to observe. And I’ve also come to really appreciate and love the contrast, so much that it doesn’t... I can see things happening and say, “That’s interesting, that’s not who-I-am,” and that gives me further insight into who-I-am. But, I guess, I’m wondering, then, is the strife, if you have little resistance, or no resistance, in some cases, to the

contrast, does that mean that your desire is also weaker than it would be if you had the tremendous resistance leading to this rocket of desire?

A Very good question. You can increase the power of your desire in two ways: One is to keep focusing on what you don't want, until it gets really, really big. And, of course, as you just said, "The bigger it gets, the bigger the desire within it gets too." But under those conditions, it is more difficult, because *Law of Attraction* is so powerful. Even though the desire is growing, growing, growing, your habit of thought is contrary to the vibration of your desire, and so your angst, or your contradiction, gets bigger and bigger and bigger. However, as that desire is getting stronger and stronger and stronger... You may have heard us say that, when your desire is really, really powerful, it almost doesn't matter what you believe. If the desire is really, really strong, it will be the dominant vibration. So that's one way of going about it, but it's a rough and rocky ride.

The other way is, while your desire is small, and the resistance is small, as you're focusing upon what you do not want, and you feel that mild negative emotion, and at that early stage you say, "Well, I know what I don't want, what is it that I do want?" And now, you use that as your point of focus, and you allow *Law of Attraction* to make this small, positive thought bigger, bigger, bigger, bigger, rather than the small, negative thought getting bigger, bigger, bigger. It is really easier to let the contrast show you at the early stages, choose what you do want in the early stages, and parlay that into a higher vibration, faster, more powerful.

But most people don't do that. Most of you don't get serious about focusing until you're in deep trouble. [yes] In other words, it's not until the doctor says, "There's nothing more that I can do," that most people begin visualizing wellness. As long as there's a pill to take, or a procedure that can be offered, it's as if focusing and thinking is the very last recourse for most of you. It's a little bit like, it's so much easier to turn on the television and watch something that someone else has created, than it is to close your own eyes and create your own scenario. And it is only because many have lost sight of the fun of, and the power of, and the purpose of focusing. Very good.

Q I wondered whether, maybe, when we were young children, we had this natural capacity to turn something little into something really big [indeed], and somehow we've lost that.

A Well, you enjoyed your imagination. Remember yourself, or think about children that you've seen who get a toy, and have much more fun with the box that it came in, than the toy. Because the toy was somebody else's idea. The toy is all shiny and bright and completed, but the box has so much possibility! With the box they can utilize their own imagination. And often, even with the toy, you see them doing imaginative things. You are born with a great capacity to use your imagination, but your realistic forefathers and mothers, your parents and those around you, often are wanting to guide you back to realism, and away from that imagination, which seems frivolous to those who do not understand that all thought is creation. Yes, very good. [thank you] Indeed. Something more? Front row, yes.

### **Reincarnation, continuity, individuality, Inner Being and time.**

Q I wanted to ask a question that relates to the subject of reincarnation. I've heard some references on some of your tapes, and I wanted to see if you could possibly go into some degree of detail as far as the process and sequence of events that one could expect to transpire in relation

to reincarnation from the time that one leaves the body, the physical self, to the new birth in a baby's incarnation.

A We cannot really give you the answer in the way you are asking the question, because the premise of your question is flawed. And that's alright, and it's normal, because you're asking the question from your physical perspective, where the reincarnation takes place from the Nonphysical Perspective, and it's a different thing than you are perceiving.

What we mean by that is, as you are here in your physical body... Let us begin in this place. Esther and Jerry awakened in Hawaii a few months ago. And when Esther awakened, she laid in the bed smiling, feeling real contentment about the continuity of her physical life experience. Because in her dream state that night, she'd been all over the place, in different time frames, in different locations, some of it was so nebulous she wasn't even sure if it was a physical format. And it was so satisfying to awaken, remembering how she got in that bed, remembering flying across the ocean, remembering who she was with.

And we talked with her a little bit after that, about the reason for the physical format is because we all, from our Nonphysical Creative Perspective, found that it was extremely beneficial for a large number of perceivers to come forth into a similar format, so that there is a launching pad of familiarity from which we can create. And that's really what this physical time/space reality is. It's an agreement of some things which serves as a platform from which you can springboard into further thought. And so, things like the timeline, time itself, things like gravity, things like the structure of your physical framework, are nothing more than beliefs or agreements by this body of Beings that is currently inhabiting your bodies as you inhabit this time/space reality.

So, from the Nonphysical Perspective... Your Inner Being cannot be separated from your physical perspective, you could not tell the difference between your Inner Being and the Inner Beings that are in vibrational alignment with your Inner Being. In other words, it would be difficult for you to separate your Inner Being from Abraham. Because Abraham, as you are hearing us here, is a conglomerate, or a collection, or a group of many Inner Beings. So, as it comes out in what seems like one voice, that is because we are so in harmony that we speak, from your perspective, it feels like one voice.

In the same way that from your physical perspective, what you seem to see and perceive through your physical senses, seems like one experience. The sky is blue. The grass is green. The ocean is big. The mountains are high. In other words, you are not deciphering them much differently. You are collectively similar in what you are perceiving.

So what we are getting at with all of this rambling, is that from your Nonphysical Perspective, which is the perspective from which you make the intentions to come forth into the physical experience, you could simultaneously be experiencing many different time frames at the same time. It's not a linear thing. Sometimes people will ask us questions like, "Well Abraham, have you ever been physical?" And we say, again, the question is a bit flawed, because that implies that you are physical or Nonphysical, dead or alive, when in reality we are always Nonphysical, and sometimes we are focused in a physical framework.

Also, it is important to understand that we don't have to wait for a new baby to be born, in order to perceive in the physical. In other words, we can, any time we are desiring it, which is always and often, we can perceive through physical experience—through the tree, through the frog, through the human. As we are here expressing, we are expressing more fully through Esther in this moment, than we ever express or experience through a normal Being, a normal physical Human Being, in pure spirit or soul form. In other words, when that new baby is born, and it takes its first breath, and the Nonphysical Energy expresses through it by the power of the calling



of the physical Being, more is happening here as we are soaring through Esther, than the soul entering that new body. So we don't have to wait for a new body in order to express or participate.

Your Inner Being could simultaneously... And by your Inner Being, we are talking about the You that you were asking about, "When I come back into physical experience," that's the Inner Being part of you that you were talking about. That part of you could simultaneously be in one hundred or more physical Beings. And so, it's not a matter...

Every now and again, we will hear a physical human who finds a particular affinity with an artist or a musician, or a landscape architect, or an architect, and they will say, "Hmm, he died in 1927, and I was born in 1928. I wonder if I am him!" And we say, you didn't have to wait for him to die before that same Energy could come forth within you. It is much easier to understand all of this if you begin to think of the Nonphysical Energy as Consciousness, better still as a Stream of Consciousness, rather than clumps of Consciousness, as you see yourself as clumps of physical bone, flesh and blood.

Q So, if your Inner Being could currently be incarnated into a multitude of individuals in a physical format as we know it today, what are the implications of that in relation to your own individuality and stuff like that?

A Well, you would have full individuality. In fact, much of the time, if one of those aspects were to run into another one of those aspects, you would not even have a recognition of it. It is the true implication of the term "soul mate", or "twin flame". In other words, that's what that means. When you are in a moment of true connection, which just means you have no resistance, your cork is floating, your Energy is vibrating at a high, pure, fast place that is natural to you, and you were to bump into one of those other aspects that was the same Energy, and that physical human, also, was in a moment of appreciation and connection, when the two of you rendezvoused, you would have a strong, delicious encounter. That's truly what that "in-love" feeling is. That's truly what that feeling of "coming home" is. You know those people that you've met where you just feel so attracted and so at one, that's what it is.

But also, remember our vibrational meter that we talked about yesterday, where when there is strong, positive emotion, which means passion, which means true connection, which means strong wanting and no resistance, and on the other end of that stick is that strong, negative emotion. Lots of times those people that are the raspiest, most hard-to-deal-with people that you run into, they are soul mates, too. And one or the other of you, and usually both of you, are not well-connected to Source, and when you rendezvous, you're on different wave lengths. And so, there is a clashing. There is a powerful and strong desire and intent that, in this moment, is not being satisfied. And when the two of you get together and see each other in your disconnection, sparks fly from the friction! (That was really good. Did you write really good?) Very clarifying.

Q So the ramifications of someone having an affinity, like you said, for a particular musical figure, a historical figure, would that imply that that person was, maybe, connected to the same Inner Being that you are?

A Yes. And you begin to bump into those kinds of things. In other words, often as you are reading something, and you are so powerfully drawn to it, it means that you're getting a soul confirmation. Yes. Something more?

Q I can't think of more right now. Thank you very much.

A     Indeed. Yes, right here.

**Your vibration is where you last left it.**

Q     Yes Abraham. I have experienced, recently, where I wanted to recreate a situation where I had experienced success. So I went to the place and I said, “Well, I want to experience this again, what I had as success.” Then, in a short time, I got a phone call out of the blue, that gave me the opportunity to do a project. And I knew what I wanted the end result to be. I wanted to feel that success. I wanted to have that same feeling again. I wanted to recreate... And I got there. I got to the end and I experienced what I had set in motion. The journey along the way, the ship that I took was like a journey, I discovered, “Oh wow, I had cargo, things on board, aspects that I experienced before, that oh, I forgot about that.” Fears and doubts that were there, and the whole experience. I said, “Oh, I recreated the whole thing.”

As I was going... My intention in the beginning was, “Oh, this is going to be easy and smooth.” And as I got into it, well, these things came up. But I did get to the end result. And I said, “Well, in what you say...”

A     Now stop for just a moment. Let us give you something, because you’re right on something. So, you had an experience. You decided to recreate it, because you liked the way it ended up. [yes] And you set it into motion, and actually did recreate it, and it ended up the same way. [yes] But this time, because you are more deliberate, and you understand many more things than you understood that time, you were doing more fine-tuning this time. So this time, when you got to your successful end, now when you are standing in that new place creating your next project, you will be more definitive about what you are wanting, and how you are wanting it to be. [yes] In other words, this second experience gave you more information that you will deliberately factor in to your future intentions on your next project.

Q     Yes. Now, when you say, if I look at that, and I said, “Well, I had this piece of luggage that I wanted to cast off next time, I don’t want to take this...”

A     There are two different ways of saying that, and the second thing you said is better. Casting off is one thing; leaving it behind is another. In other words, casting it off is shouting “no” at it which is taking it with you, just leaving it behind and going without it is leaving it behind and going without it. It seems like a small differentiation, but it is huge.

Q     That’s my question, because it’s that when you vibrate to it, when you see it, then you vibrate to it, then you include it. [yes] So, it’s that fine line of separating without including.

A     Well, what you do, remember yesterday when we talked about the on-off switch. So, this piece of baggage, you want to flip the off-switch. But we’ve never known anybody... You see, every time you pick up an idea, or an intention, or any thought, it’s like a stick that has two ends of it. And when you pick it up, both ends are potentially there—the presence and absence of something wanted, or unwanted. And so, as you are addressing this piece of baggage, and you say “no” to it, your switch is on. But we’ve never known anyone who could just turn the switch off here, without turning it on over there. In other words, think in terms of every thought having

an on-switch and an off-switch. So when you turn this off-switch to this baggage you don't want off, in the same moment you're wanting to turn the on-switch of what you do want on.

Because in every particle of the Universe, there is that which is wanted and lack of it. And you are wanting to make a differentiation. Now, are we saying that there are things out there that you could withdraw your attention from completely? In other words, is it possible to just have your switch off relative to things? Yes, absolutely. There are all kinds of things that you do not even have to have in your vibration at all. It is possible that that piece of baggage, you could turn it off altogether, and leave it behind. But you usually don't do that right away, because the fact that it is on, means it's active. It means it's activated in your vibration. So you have to deliberately turn the switch about its opposite to on, in order to diffuse it. Does that make sense? That's a big piece of business that we just gave you right there. That is a key thing to what is happening in so many of your experiences.

[Jerry: This is the end of side A of this recording. Please turn the cassette over, and continue with the message.]

A So what we're saying to you is, every thought that has ever been thought is out there pulsing somewhere. Whether you are an active participant in that thought has to do with your tuner, transmitter vibration. And so, there are all kinds of things. Let us put it to you this way, this is the best way to hear this. Your vibration is where you last left it on any subject. So you don't want to run around trying to keep track of all of those vibrations; that would make you nutty. All you have to do is be sensitive to the way that you are feeling, and understand that if something is activated that is in harmony with who-you-are and what you now want, when it's activated, you're going to feel positive emotion. And the stronger the emotion, the bigger it is.

If something not wanted is somehow activated in your experience, you're going to feel strong negative emotion. One night, not long ago, Jerry and Esther were driving in Newark, and in the night, it was nearly midnight, and they were looking for a hotel that they had been told was very hard to find, and it turned out to be an accurate prediction. It was very hard to find. And they took the wrong exit, and ended up in a neighborhood that was scary—not by anything that they were seeing, but Esther felt sheer panic wash over her. Now was it because she had been warned about some neighborhoods? Maybe, doesn't matter why. Was it because there was real danger lurking there? Maybe, doesn't really matter why. In other words, the only thing that mattered was her Guidance System, in that moment, was letting her know something around here is not a Vibrational Match to something that really matters.

So what does that mean? Do my best to remove myself from this vibration, which means remove yourself physically, if it is possible, remove yourself mentally, Jerry turned on the radio, they began singing happy songs, they began amplifying their feeling of Well-Being, and they got out of there fast. So your Guidance System is always letting you know what's been activated within you. Good, now we came a long way there. Where are you now?

Q Okay. The question he had before about the children, and this thing about the children... On this project I worked on, I was seeing these images from children all over the world, and I noticed that they all had the same vibration—pictures of kids that were smiling, they were happy, they were free, they were curious, they were open. And it didn't matter, Somalia, or it was Turkey, or it was Haiti, but there was all this same vibration.

A Fresh new Energies keep coming forth, in order to diffuse the pessimism of their parents.

Q Yes, and the adults are all heavy, and they're suspicious, and they're down-trodden, and they're uuuuugh. And I saw, I remembered that, and I wanted to feel like what you just... Then we can activate that aspect of ourselves, the child part that's open and free and loving, [indeed you can] and it's not that it's lost that we have to go through all this to remember how to be a young child. It's just as simple as activating it.

A It's the pure essence of who-you-are. And with much less effort than you think, you can be right back into that fresh, eager, passionate Energy that is your natural state of being. It does take effort though, and that's the thing that we're really wanting to talk about. But you know, when you understand the basis of things and you take effort, you offer effort, your results are so fast and speedy.

Our friend Jerry used to offer an analogy about... You are standing here in Virginia Beach, and your intention is to go to Washington DC, and so, you turn to the south. And while you will get there, it will be a very long way all the way around. Where with much less effort, by turning in the right direction, you could achieve your destination. And so, that's really what happens when you begin to understand *Law of Attraction*, and you understand your own vibrational heritage. You understand who-you-really-are. You begin to understand what your emotions are telling you. Then, with much less effort, you can achieve much more. Good time for segment of refreshment. We are complete.

### **Walk us through “weight loss without exercise.”**

A And are you refreshed? Now what is it you are wanting to talk about? There, then here, yes.

Q Thank you. I was so excited when I was listening to the Maui tape, and you were talking about weight loss, I believe, and you said, “You don't even have to exercise, just get the feeling of exercise, the feeling of Well-Being.” Could you just walk us through that?

A You see, your body is responsive to your thought—everything is. In other words, *Law of Attraction* abounds. And so, when you find the feeling place, everything responds to the vibration that that feeling place is the indicator of. So when you actually achieve the feeling place of something, everything else falls into place. It has never been about action.

You see, here is how it works: When you have a desire... Let us begin in this way. In every moment you have a vibration that you are transmitting. Now that vibration can be called desire, it can be called belief, it can be called thought, it can be called Energy, it can be called perception. It does not matter what you call it, you are emitting this vibration at all times. And that vibration is your point of attraction. Your vibration, as we indicated yesterday when we began, there are two things you're wanting to be aware of: how much Energy are you summoning, and how much of it are you allowing to flow?

So, you can hold a desire that summons Energy, and at the same time hold a belief that does not allow the Energy that you're summoning, and so, that's when there's that contradiction of Energy going on inside of you. Well, let's say you have a desire to be very slender. And you have beliefs that you can be slender if you eat these things, or if you do these things. In other words, you have these beliefs about your behavior. So, if you have this desire, and you hold these beliefs, and you do not do those beliefs, then your Energy is out of alignment. But if you hold this desire and you do those beliefs, then you are offering no resistance, so your desire can

be satisfied. So there are a lot of people who have discovered that through performing different activities, they can soften the resistance enough to get what they are wanting. And that's just fine. In other words, action is fine.

But what we are wanting you to understand, is you can line up your Energies, in other words you could amplify your desire so predominantly, your beliefs would be insignificant. And if your beliefs are insignificant, then you don't have to perform those actions that are consistent with your belief in order to allow what you are wanting. Does that make sense?

Esther reached a strong place of decision when she got on the scale and realized she had crossed her mark she had promised herself she would never get near. And strong desire erupted within her, a rocket of desire. And she said, "I'm going to find a way." Within an hour she was watching television, and she saw some authors who were describing a new book that they had written, and the book was talking about eating fewer carbohydrates. And as Esther listened to what they had to say, it sort of resonated with her. Things sort of clicked into place. She turned off the television, went right to the internet, looked up their website, and downloaded the information, and began that day, and instantly began losing one-quarter pound—and has lost more than 30 pounds in the process.

Now, it occurred to Esther after she found this, what was a very easy approach for her... In other words, it required very little effort. It was the easiest action she has taken, and netted her very big results. And she said to Jerry one day, "You realize that all I did was conform my action to match my belief." In other words, she knows that the releasing of sugar and carbohydrates, these are beliefs that she picked up as a very young girl. And once she got back into alignment with those very old beliefs, she started getting the results that she wanted.

Well, this is not exactly what we are teaching, and it is not exactly what she really wants to do. She would much rather just get her... She would much rather get her desire so clearly focused, and believe that her body can deal with whatever. But in the meantime, she has taken the... And so, as we talk to you about lining up Energy, there are lots of ways you can go about this. In other words, we're talking about lining up Energy. And so, for Esther to have a desire, and a desire that is here, and a belief that is here, and an action that contradicts the belief, when she began to perform the action that harmonized with the belief, it was, in essence, lining up Energy to the point where she could get results. It is one way to go about it. We don't think that's what you're talking about.

What you're talking about is, making a determination of the outcome that you want. In other words, finding the feeling place of the way you want your body to be, and holding that image so clearly, that it feels to you as if you are already there. So that everything in the Universe, which includes your digestive system, which includes your metabolic system, which includes your cellular response and activity. In other words, when you have very clear knowing of what you're wanting, and you have found the feeling place of that consistently, your body will acquiesce to that dominant vibration. And so, now what we are saying to Esther, if we were standing in her physical shoes, we would begin re-introducing back into our diet those things... In other words, now she's shown herself that she can bring herself to the body weight that she desires, now she can begin introducing those things slowly back into her diet, at the same time that she maintains a belief that she can maintain, and she can keep an eye on how she's doing. Get a sense of what we are talking about? Good.

Your body is very close in response to the way you feel. So if you feel fat, you cannot attract thin. If you feel sick, you cannot attract well. So you have to... But think about most medicine that is offered. When you are sick, your desire to be well is heightened enormously. And when someone gives you medicine and says, "This will help you," now you are taking an action that is in alignment with your desire, it is logical while some of it could help you. Until

they do studies, and they prove that that medicine never was effective. Now, you have this sickness, you have this medicine, you have this stronger desire to be well than ever before, but you have conflicted beliefs about the medicine. And so, now you do not get the results.

That's why the fads, the fads in diets, are so common. Or the fads in medicine. Or the fads in techniques. It is because, soon, people begin proving to themselves that it's not a process that works for them, and as you gather your statistics, then you lose faith in its ability to work for you. In essence, everything could work for everyone if you believed it. You could rub peanut butter on your nose, and achieve anything if you believed it. Good. Yes. Right here.

### **Will the millennium affect us significantly?**

**Q** Good morning. I wanted to ask, when you talk about the speeding up of time for 37 seconds, to 27 seconds, to 17 seconds, does that have anything to do with the millennium? Does millennium, or any of the millenniums in any way affect have...affect us significantly in our physical life?

**A** Not because it is intended from Nonphysical. But remember, any time there is expectation... It's sort of like more people are deliberate about their intentions around New Year's every year—not because New Year's means anything in the Energy Stream, but because the new year causes more people to focus upon how they would like change. And the millennium is just a big amplification of that. It's something that people have looked toward for a very long time.

The reason that the Energy is speeded is this: Remember, ask, and it is given. And so, in your times of greater contrast, more desire is being produced in more people. And the desire is the summoning of the Energy. It is that simple. You did know before you made your decision to come forth and participate in this time, that it would be a time of faster Energy. Because you knew it was a time of greater contrast, and you know, from your Nonphysical Perspective, what all that means. More contrast produces more desire. More desire produces more summoning. So you knew, as a teacher of Deliberate Creation, that being born as a physical Being into a time when the Energy was faster, would make your ability to teach much easier, because things are manifesting.

It's much easier to make the correlation between what you're thinking and feeling and what you're getting than ever before, because there's not so much time between the time you thought it and the time you experience it. You knew that these would be very fast times. You also knew that the crevasse between those who have and those who have not would be widened. Those who are sick and those who are well would be widened, because everything is amplified. It's like there's a magnifying glass that is laid over everything. So everything is stronger.

Aren't you noticing that your joyous emotions are stronger, and your aggravations are stronger? Aren't you noticing that you are all becoming more manic-depressive? Your highs are higher and your lows are lower, and it's because of this amplification, which gives you greater reason to want to align and understand. It's why there are more crazy things going on. It's why there are more mass murders. It is why more people can escalate themselves to heightened vibration and action, both positively and negatively, than ever before. These are wonderful times! Yes. You're complete? Yes, on the aisle here. And then, you here, and then here.

### **Why are we allowed our negative creations?**

Q Hi. You said that if we wanted to go to Washington, DC, you've got to go north, you can't go south. But if you go south, you'll wind up in Washington, DC. Right?

A Well, it's a longer trip.

Q Right. You've just got to go all the way around the world to get to the other side of the street. [yes] Well, where did we go south in order to become positive creators, and enjoy life? It doesn't seem logical to me. Everything you say seems logical. [Yes, it's a good question] I'm trying to find out what it is that's bothering me about all of this. Like, why did we create millenniums of insanity, and pain, and misery, and death, and lack, and limitation, just so we can be Deliberate Creators? It seems like somebody went wrong somewhere. I mean who needed to do all this just to get to this point? This seems kind of stupid, doesn't it?

A Well, we talked about that in the first question this morning, where we were discussing, "Is it necessary to parlay a negative thought into something really big in order to produce a strong enough desire to have change?" And we say...

Q Right, which is the history of mankind, we're sitting at the creative...

A It's the history of some of mankind.

Q Okay, now that's another thing I wanted to ask you, too. Did all of us create that kind of history, or was there some intelligent Beings who didn't have to go down this road to wind up where we are, millenniums of pain and misery and lack?

A Here is the most important thing that we're wanting to give you about this, because we can feel the power of your question, and we hear it often. "It feels illogical, if we are these wonderful, connected Beings, and why would we put ourselves from that place of knowledge into a place where there is any probability of getting disconnected from the Source and the awareness that we know and love?" And we say, it is because there was a greater factor that mattered so very, very much, and that is...

You see, when you understand that the intent of the physical experience is expansion, in other words, the inevitability, we cannot cease being Eternal Beings. And so, there is no greater treasure in all of the Universe than the new idea being born. The new desire being born.

Q Right. Through contrast.

A And so, since that was the dominant intent... In other words, the dominant intent of the experience is to give birth to the new idea. [right] Then this idea of free will is what is playing into this, because, you see, from a physical perspective, from where you are coming from, and we certainly can understand it, you, from your physical perspective, have concluded, and rightly so, that these things are better than these things, that peace seems better than war, and niceness seems better than not niceness. But there is a problem when anyone, whether it is the one who decides they are the great creator, or whether it is a person in your life experience, there's a problem when someone decides, "I get to choose what the good stuff is," and so free will no longer exists. So you have the ability to create, but only within these limitations.

Q Yeah, I understand that.

A And because there can be no limitations in a free Universe where desire must be allowed to rule, we all said, “Well, let’s go into an environment where all things are possible, but let’s go with a Guidance System that lets each creator individually, moment-by-moment, know the vibrational content of the thought that they are choosing.” So, from our perspective, what went wrong isn’t that you are allowed to think any thought and, by using your free will, choose. We would say, what went wrong is more the individual’s inability to be aware through their emotions of the vibration that they are choosing.

And from the Nonphysical Perspective, we are all intending fully as we come forth, it’s just that the interaction with each other... You see, we talked a little bit yesterday and today about the babies coming forth as fresh, new influence. The babies are the teachers. Your babies come forth remembering all of this, knowing all of this, projecting all of this, and the adults keep trying to talk them out of it. But the babies will always win! The old, negative thinkers will always die! And that’s why each new generation comes forward feeling true disrespect for the generation that came before them. And the generation that came before them, keeps holding tightly to those old beliefs that they’ve worked so hard to regurgitate. But the new generation comes forth remembering that all is well.

And so, we have to say to you that it really is working out very, very nicely! And when you consider it from the whole perspective, sure, you might come forth as an individual, or as a culture, or as a society, or maybe as a few million, and you might cast a shadow that does not allow you the fullness of your Well-Being. But it is an extremely temporary experience in the scheme of the whole of it. And what we mean by that is, when you die you reemerge into Pure Positive Energy. Well, your Nonphysical existence is so much bigger than your physical existence. The physical existence is like your expression says, “the blink of an eye”. We cannot even find an insignificant enough of term in your physical experience in the terms of the breadth of who-you-really-are, what one physical experience is about.

To take it further, if you were to be able to accurately poll all of the people who had lived on your planet, all of the hours that they have lived in wellness, and compare that to all of the hours that they’ve lived in sickness, you do not have a number small enough to even note the comparison. In other words, the sickness is so insignificant in comparison to the wellness.

So the big question is: “Why is it, in your perspective, or in your society today, that the things that are not wanted have taken such a huge part of your mental process?” And we say, it can only be because you have not understood that you get to choose, and you have, somehow, convinced yourselves not to be selfish enough to choose what feels better. And so, that’s why teachers like Abraham, and teachers like you, and babies and all of the beasts... Do you realize the ratio of positive expectors as compared to negative expectors in every moment is huge?

In other words, the Well-Being is so enormous, and the lack of Well-Being is so insignificant. And yet, think about what happens in your city. Millions of people move around in traffic, going where they’re wanting to go, their cars performing perfectly, and it never shows up in a statistic of the news. But one or two people, who are disconnected from Source, who by *Law of Attraction*, manage to collide and make havoc in each other’s experience, that is put on the news. And it is given such a predominant place, that you get a distorted view of the Well-Being or not Well-Being. It’s just hard for you, sometimes, as you are rooted in your physical, to get far enough back to see a big enough picture to understand how really, really good it is all set up.

Q And you said that not all individuals or souls created themselves to be in such a state of lack, not everybody, like in this room, wound up where we are. Some of them were more



intelligent or more enlightened or knew more about their feelings where they didn't have to go this deep into darkness.

A We don't remember saying it exactly like that. What we do say is, that you come forth with a variety of intentions. You do not all come forth intending the same experience. And sometimes you say, "I'm willing to go forth and just sort of mix it up and be part of the process."

Here's what we think your question is getting at, or at least it's the answer that we want to give you. And that is, let's say that there are some people, let's say there are a lot of them, out there having a horrible experience today, and really tragic moments, even moments prior to their extinction or their death. And as they are having that awful experience, they are asking, asking, asking. Well, their asking is always answered. No one can ever ask for anything that their desire does not summon Nonphysical response.

But in their misunderstanding of Energy, often, the very ones who are in the contrasting experience that are calling with the strongest voice, and therefore responsible for the strongest infusion of Nonphysical, divine intervention, they're the very ones that are denying it from themselves because of their vibrational stance in the moment. But then, somebody like Esther, or somebody like you, who, for whatever reason, is in a rampage of appreciation, rather than in a vibration of despair, they then become the receivers of all that that the askers are asking for. And so we say to you, who is most responsible for this motion forward in understanding? Esther, who's just bipping along living happily ever after who is the translator and the receiver of it, or the blessed one who got himself into the jam that made him cry out in asking to begin with?

And that's what we mean when we say, we're all in this together. In other words, you cannot say one part of it is more important than another part of it. We are all playing different roles for the fun of the motion forward. We agree with you wholeheartedly. From our Nonphysical Perspective, and as we are within Esther's body, or Jerry's body, and we understand the attitudes and the decisions that they have made, Abraham and Jerry and Esther, as a collective Consciousness, cannot fathom, for a moment, why anyone would be willing to deprive themselves of the Well-Being in order to produce desire. Because we have all learned you can produce desire in other ways. But we would never, even if we could, deny anyone the right to do it any way they are finding their way of doing it.

Q Yeah, I understand that.

A Now, do we want them to have a better way of it? You bet we do! That is why from our Nonphysical Perspective, we are giving it anything anyone will ask, and from Jerry and Esther's perspective, they are devoting every human, physical hour that they can eke out of their experience in order to help people to understand that there is a softer, more gentler, more comfortable way to do it. In other words, yes, we all would like everyone to be joyful in their motion forward. But we would never deprive them of any choice that they might make.

We would never assume that place that man often wants to assign to God. We promise you, there is no God that has ever accepted this proclamation from man, that says these are the only things that are allowed, and those things are not allowed. There is none of that anywhere in the Universe that we understand. There is no one that has the ability to tell you that you are not allowed to be miserable. You get to be. Free will matters more than that. Free will matters more, because free will is choice, and choice is decision, and decision is summoning, and that's what eternity is about.

Q Yeah, you said that last year. That really rang true to me when you said that we were given free will, and if we were given free will, then nothing could be left outside of that free will. That means that we could create anything we want.

A You are so free you can choose bondage. Good. Yes, right here.

### **Conflicting beliefs about weight loss systems?**

Q You spoke earlier about conflicted beliefs. Again it goes to weight loss. I know that I have very conflicted beliefs. Years ago, I could either do a Weight Watchers, or I could do the Atkins diet, could lose the 5-8 pounds that I needed. Now, I'm much more knowledgeable about diets 'cause I've read a lot and I've heard a lot, advertise...

A To your disadvantage.

Q There are a million things that you can now do.

A We're surprised any of you can find anything to eat.

Q Exactly. And what I now know that the Atkins diet, which used to work so nicely for me, if you tell anybody else, "It'll kill you," they'll say. But I didn't worry about it killing me when it worked. And I know that it and Weight Watchers™ could not be more different, so I am terribly conflicted, and I would just like to know how to get unconflicted and find one thing that I can believe in.

A Now, this is very good.

Q It's a silly question, but it means a lot to me.

A You can apply it to all subjects. It's not a silly question for a number of reasons. You can apply our response to all things, and there may not be a subject that is more active in the vibration of your culture. And the reason is because food goes to the heart of the continuation of your existence, and when you have a love/hate relationship with something, there's a lot of contradiction of Energy that is going on. In other words, you love food because every part of every cell of your body is calling for it. You love food because you have developed such wonderful cuisine that titillates your taste buds, and yet you hate food because you're not liking the negative results that it produces on your body. So there is not a more highly-charged issue that we have discovered.

Now, in order to know the appropriateness of any behavior that you are contemplating, you have to first clearly identify what your desires or intentions are. So, you say, "I want to have a slender, flexible, resilient good-feeling body." That pretty much covers it, doesn't it? "I want it to look nice, I want it to feel good, I want it to be powerful, I want it to be healthy." Now, you have to find the feeling place of that. And so, you can take the different aspects of that. You can remember the best-feeling clothes you ever wore, and you can remember the most significant moment that you ever felt good in those best-feeling clothes. Or, you can remember someone complimenting you and really meaning it, and your resonating, and really feeling it, about how you look in your body.

You can then take another piece of it as you remember a time when you were feeling particularly energized or vital, when your body was performing particularly well in some sort of interaction where you were physically expending Energy and feeling very strong and sure-footed and capable and vital and alive. And then, you can take another piece where you are feeling your vitality and your health, and really feeling confidence in the health of your Being. And then, you can take another piece, and in each of those we would encourage you to spend a minute or two or three, sort of wallowing in the deliciousness of those memories.

Then you can take another piece of it, where you are recalling eating something that was fabulous. Maybe you prepared it, or maybe someone else did, and the people that were enjoying it with you, it was succulent and delicious, and everyone was in love with the food and in love with the moment and in love with the feeling. And as you find all of these feeling places, do you feel what you've done? You've merged them. You've taken the best essence of all of these things that is a part of the intention that you hold, and you have stayed there long enough that you have felt the familiarity of that feeling of Well-Being.

And now, you've done the majority of your work. Now, as you are moving through your day, if you are doing anything, or about to do anything, that will in any way conflict with any of those feelings, you would recognize it. You would feel an aversion to it. In other words, as you're enjoying the maintenance of your physical body, if you are overdoing it on some aspect, you would recognize it. You would begin to feel an aversion to it.

Esther switched from eating quite a bit of sugar and carbohydrate, to eating no sugar and much, much less carbohydrate. And what she discovered was, her cravings went away. She began to feel much better. But then she began to drink diet sodas. And the diet sodas were very refreshing in the beginning, it seemed a nice substitute.

And now, she is realizing that she has developed a very strong addiction to the diet soda. In other words, it is something that she wakes up thinking about. And it is something that... Where they eat depends on where she can get the biggest one. In other words, she is beginning to realize... And she can feel that there's a bit of a conflict there. She can feel that while she satisfied one intention, and substituted it with something else, that now, that substitution is really not a perfect Vibrational Match. And so, now she is beginning to feel a little bit of aversion. She can drink a little bit of it and enjoy it, but she doesn't drink very much before she doesn't want anymore. You getting a sense of what we're talking about?

So our answer to you is, first decide what you want as fully as you can, spend time finding the feeling place of as many aspects of it as you can, and then trust your guidance. There isn't anything... Most things in moderation are fine. And your body is really wanting balance. But what happens is, when you introduce to your body something that is not natural to its consumption, we're talking about the organic natural things that your body easily assimilates, your body can deal with about anything. You have amazing responsive bodies.

And so, as your body deals with whatever it is that you are eating, compensates for whatever it is that you are eating, it develops patterns of compensation which show up in your experience as cravings. In other words, as Esther gave her body an inordinate amount of diet Pepsi, her body deals with it. And in its dealing with it, it develops patterns of consumption that then begin to feel like cravings. And so, the more of it she drinks, the more of it her body deals with it, the more her cells seem to be calling for it. That's what an addiction is. Your body did not want the first cigarette that you gave it. But it became accustomed to it, and it acclimated to it, it compensated for it, and now it seems to be calling for it.

And so, literally, there is addictive nature in literally every bite of anything that you might take. And so, what's happening... So the big question is, "How would I be dominant and let my cells that are craving, or calling, be less dominant?" We say, we're back to the same old

thing we always talk about at an Abraham gathering, aren't we? "How can I set my own Tone? How can I keep other things from being dominant influencers? How can I keep my peers from sweeping me away? How can I keep my dominant mate from sweeping me away in his desires or decisions? How can I keep the political party from carrying me into places I do not want to go?"

The answer is, set your own Tone. And the way you set your own Tone is by letting the negative experience escalate the desire, feel the desire, focus on the desire, fantasize around the desire, find the feeling place of the desire. You see, we haven't talked about this, and we really want to give a little bit of attention to this.

When you fantasize, and your fantasy begins, and you do it enough, which isn't much, but enough, that your fantasy begins to feel really familiar, so that your fantasy is the most familiar vibration, manifestation is very soon after that. Most of you fantasize scantily, and face reality dominantly. And we encourage you to flip-flop that, if you really are wanting to change something. So we would spend more time fantasizing eating, feeling great about it, body assimilating it, enjoying it, devouring it, thriving, being healthy beyond description. We would spend more time fantasizing it than we would actually spend in the act of eating.

Now you say, "Well Abraham, wouldn't that take a lot of time?" And we say, you only have to do it for a little while. You only have to do it until you've changed the pattern of your vibration. And so, it's easy to set a new goal, and sort of hit it for awhile, until it becomes second nature. It's sort of like driving. Do you remember when you first began to drive, how attentive you had to be and how aware of everything you were? And now, you drive with hardly even thinking about it. In other words, it's just second nature. Your mechanisms and your impulses all flow so easily. And so, any time there's something you're working on, we would spend some time fantasizing until the fantasy feels dominant. And then, when it feels dominant, the manifestation is happening and on the way, and then you can get on to your next project, and your next, and your next, and your next. Indeed. Right here on the aisle.

### **Can we create in another's experience?**

**Q** You said before that we cannot create in another's experience, or something very similar to that.

**A** Yes, because you can't vibrate for them. You can vibrate so powerfully, that you can affect their vibration, that's what influence is. But you cannot overtake their vibration. "It's not my job to live those people's lives; it's their job to live their lives." In other words, it isn't your job to maintain anyone else's vibration. And so, you begin to approach things in the way that Abraham does in a gathering like this. We tell you what we know. We let you know what we know works for us. We wish you well, and we trust that you will find your place within it. But we never go home to our Nonphysical Realm and worry about you. We don't have a list of you: "Well, there was one that was sitting there that wasn't really getting it, let's orchestrate some way for them to get it," because there's no assertion anyway. We cannot assert.

We know this sounded a little bit like assertion. In other words, here are all these people experiencing this awful conflict, having this strong desire, and asking. And sometimes, one of you can be utilized as a conduit for some of what they are asking for. In other words, you're sort of like a satellite dish that beams in the information and projects it to them in a way that they can hear it more clearly.

You see, we have to say to you, that we have been as Nonphysical teachers a part of your physical realm for as long as you have been physical, but we've never had a more articulate

conduit for expressing our knowing than we find here with Esther. And so, as Esther and Jerry, and those like you, spend endless hours finding more and more effective ways of expressing this knowing, people all over the world are now gaining access, not because they're necessarily hearing it on the recordings, or hearing it on the television, but because it has been articulated in the physical realm, now they have easier access to it. And so, the understanding is coming on stronger. And it is working that way the other way. In other words, as other articulators are articulating, those like you, and Esther, have easier access to it. In other words, we're all in it together. Influence.

**Does Abraham (in Nonphysical) ever lose consciousness?**

Q Thank you Abraham. I just wondered, do y'all, in Nonphysical, ever lose consciousness?

A Never.

Q Never. So you're awake all the time?

A Always. The reason that you slumber, is not because your bodies need to rest. Your bodies are resting while you are sitting here. The reason for human slumber is realignment of Energy. As you sleep, you withdraw your Consciousness and your vibration raises. Babies sleep because they are acclimating to the Energy.

**Virginia Beach, VA Workshop Closing.**

We have enjoyed this interaction immensely. It is delicious to come together with those like you, who are becoming more clear in every moment of who-you-are and what you are wanting. You're doing extremely well. Remember that all is well. Remember that you will never get it done, and most of all, remember that you cannot get it wrong.

There is great love here for you. We are complete.